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# The Fort Jackson Leader

Thursday, October 21, 2010

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## Wheel power



Photo by CHRIS RASMUSSEN

Sgt. 1st Class Jeff Norman, a platoon sergeant with the Fort Jackson Warrior Transition Unit, leads the pack during the Soldier Ride for wounded warriors Friday from the state capitol to Fort Jackson and back.

## WTU Soldiers ride on road to recovery

By CHRIS RASMUSSEN  
Fort Jackson Leader

Master Sgt. Casey Davis' love for cycling came to an abrupt halt when he was recently diagnosed with Grave's Disease — an autoimmune disease which affects the thyroid gland.

Davis, who is assigned to Fort Jackson's Warrior Transition Unit, got his chance to

hop back on the saddle and pedal again during a bicycle ride last week from the state capitol to the installation and back.

Soldier Ride, which is organized by the Wounded Warrior Project, allowed 35 wounded or ill Soldiers the chance to get out and show their strength and resilience.

"I used to ride bikes quite a bit until I got ill," said Davis, who fell ill months before being diagnosed. "I am so excited to be on a

bike again. If I can make it through this ride I will be very happy."

Davis and his fellow comrades did make it through the 20-plus-mile ride, and in turn showed the community and fellow Soldiers that never giving up reaps its rewards.

"Soldier Ride has proven itself to be an excellent program designed to aid in the

See **WOUNDED:** Page 10



# Network awareness key to its security

One are the days of faxes and paper routing slips; the Army is totally reliant on computers for almost every aspect of how it does business. With that reliance comes a tremendous amount of risk and a significant responsibility for each of us to ensure we do our part in exercising discipline when operating on our networks.

October is National Cybersecurity Awareness Month. This serves as a time when all of us should inspect our individual computer practices so that we keep ourselves cyber-educated, smart and secure. Making the extra effort pays off in protecting and safeguarding our current environment and our ability to operate in the future.

The effort that we make not only benefits Fort Jackson and our Army, but it also pays off in our private lives. Sponsored by the Department of Homeland Security, National Cybersecurity Awareness Month focuses on the measures that are being taken by government entities to secure the nation's network infrastructure.

It takes the collective efforts of all members of the Fort Jackson community to adhere to network security standards, while the U.S. Army Signal Network Enterprise Center develops and implements solutions to counter threats that could impact our freedom of information and our network security posture. Securing our critical information technology infrastructure demands the dedicated discipline of our work force to keep personal assets and information secure while employing network technologies that will maintain the integrity of the Victory network.

The overall success of our efforts is grounded on strong partnerships. This is an area in which we all must be con-

**MAJ. GEN.  
JAMES M. MILANO**  
*Fort Jackson  
Commanding  
General*



nected to achieve our goals. Cybersecurity is a 365-day-a-year responsibility, and to accomplish this, we need to understand ACT — Action, Commitment and Training — a NEC initiative to enhance overall awareness. The concept is fairly simple. Start by taking these immediate actions:

❑ Ensure that the latest anti-virus software and firewalls (where applicable) are installed on government and private systems. Keeping software updated is the primary way to protect systems from cyber attacks.

❑ Update computers' operating systems and critical program software. This enables the most current protection against network vulnerabilities. Employ the automatic updating feature if available.

❑ Back up our important files by copying them onto a removable disc and storing it in a safe location.

We should also:

❑ Adhere to good network practices. Keep our system passwords secure and do not write them down where they

can be easily seen.

❑ Make sure that when we leave our computer terminals, we remove our Common Access Cards from the machine.

❑ Use communications routines such as email alerts via Victory Distro, newsletters, websites and even social media networks to increase awareness on simple topics like information assurance bulletins and protecting personal identifiable information.

❑ Avoid network violations, such as surfing porn sites, sending chain letters, attempting to bypass network access controls, introducing unauthorized hardware or software, using personally owned software, uploading executable files or introducing malicious software or codes onto the Victory network.

Meanwhile, we will continue to educate ourselves through refresher training. The required DoD network security training includes: Annual DoD Information Assurance awareness; personal identifiable information handling; anti-phishing; safe home computing and proper handling of removable media. All of these measures not only help us stay safe online, but also strengthen our collective cybersecurity efforts.

The bottom line is that we all connect to the Global Network Enterprise Construct to conduct operational mission requirements, quality-of-life responsibilities, and day-to-day planning functions. The network is a critical resource. Each of us using the network is responsible for its security. A secure network is essential for enforcing the high standards necessary to keep Fort Jackson safe from online threats.

Army Strong and Victory Starts Here!

## *The Fort Jackson* **Leader**

**Fort Jackson, South Carolina 29207**

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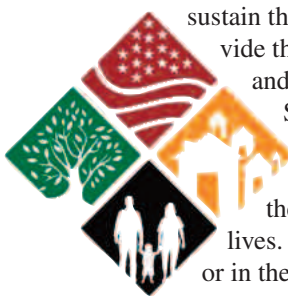
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# Safety is a community duty

As commanding general of IMCOM, the assistant chief of staff for Installation Management and the co-chair of the Services and Infrastructure Core Enterprise, my installation management and safety responsibilities extend beyond the boundaries of IMCOM. My Commander's Intent is to provide the facilities, programs and services required to support Army readiness, sustain the all-volunteer force and provide the infrastructure for current and future mission requirements.



Safety is key to accomplishing my intent. It involves the prevention of material loss, but the focus is really on saving lives. Each loss, whether in combat or in the garrison, has an impact on our force. In September, I spoke at the Army Senior Safety Tactical Symposium. It was my opportunity to say, "thank you" to almost 500 safety professionals for the work they do to keep Soldiers, civilians and families safe. Their work impacts the conditions in which we train, work, live and play, both on duty and off duty. This includes driver training, home safety, child and family safety, weather conditions assessment, fire prevention, hazardous material handling and weapons and range safety, to name just a few ways in which their work touches our daily lives.

I thanked them for their continuing diligence, their continuing efforts to monitor trends and address issues to prevent loss. A recent example was a six-month Army-wide fire safety campaign in 2009. The campaign was launched to reverse the increasing number of military housing and facility fires, and succeeded in netting more than \$20 million in cost avoidance in the second half of



**LT. GEN.  
RICK LYNCH**  
*Installation Management  
Command  
Commanding  
General*

the year. An ongoing example is a motor vehicle and motorcycle traffic safety program that is contributing to a downward trend in accidental fatalities. We are at the lowest level in more than seven years, and other military services are looking at our model.

So we can point to examples of how our safety program is working. However, as I said to the safety professionals, for whose work I am truly grateful, we can never become complacent or act as if what we are doing is good enough, as long as we are still losing lives through senseless, preventable accidents.

Everyone is a safety officer. Everyone has an obligation to look out for him or herself and the Soldiers, civilians and families around him or her. The requirements are in place — we have The Army Safety Program, AR 385-10 and IMCOM's Safety Program Regulation — so we need to make sure we act on them. In order to improve our safety efforts, there are six things I ask us all to consider:

First, we will not cut corners or funds to save money at the expense of our safety program. It is fundamentally unwise to do so. Why would we want to negatively affect

See **Safety Officer** Page 8



# Red Ribbon Week to begin

*From the Fort Jackson Army Substance Abuse Program*

Fort Jackson will mark Red Ribbon Week Saturday through Oct. 31 to honor those who have sacrificed their lives in support of the war against drugs and those who commit to living drug-free.

Red Ribbon Week is an annual national drug prevention campaign that encourages Americans to wear red ribbons in memory of U.S. Drug Enforcement Agency Special Agent Enrique “Kiki” Camarena, who was kidnapped and tortured to death by members of a Mexican drug cartel in 1985.

Camarena, who was a former Marine, firefighter and police officer, joined the DEA in the 1970s and had become well known in both the United States and Latin America for his successes in busting up drug trafficking bands.

Shortly after Camarena’s death, his high school friends and U.S. Rep. Duncan Hunter launched “Camarena Clubs” in Camarena’s hometown of Calexico, Calif., where hundreds of members pledged to lead drug-free lives in his honor.

The pledges were delivered to then-First Lady Nancy Reagan at a national conference focusing on combating youth drug use.

In 1988, Reagan chaired the first National Red Ribbon Week, which was proclaimed by the Congress as an annual campaign that would take place during the last week of October every year.

According to the National Family Partnership, which coordinates Red Ribbon activities nationwide, more than 80 million people participate in Red Ribbon anti-drug events each year.

“... It is very appropriate that women and men of the Fort Jackson community join with other Americans to support the dreams and goals of our children, and to commemorate the ultimate sacrifice made by Enrique “Kiki” Camarena on our be-

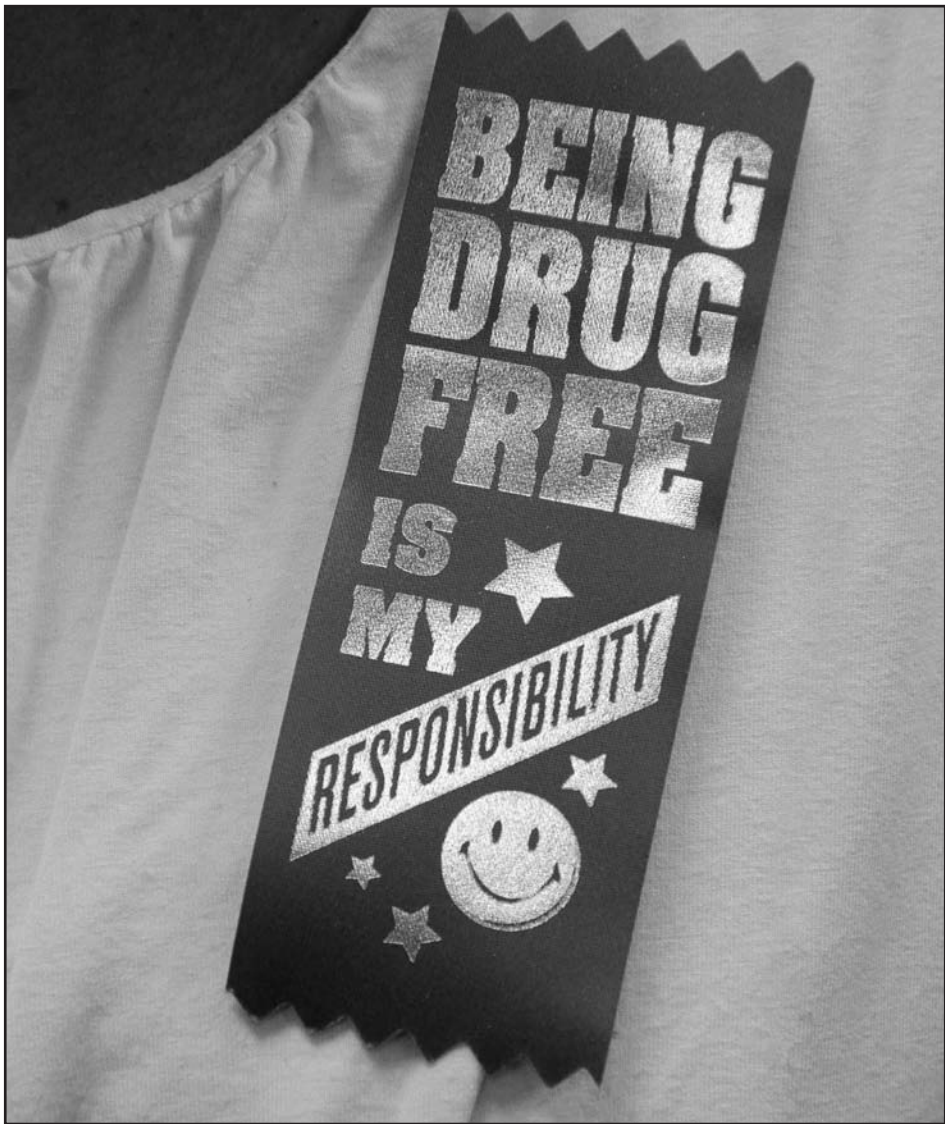


Photo by SUSANNE KAPPLER

**Ribbons, such as these, will be distributed throughout post as part of Fort Jackson’s Red Ribbon Week activities. The first Red Ribbon week was proclaimed by Congress in 1988 to honor those who have died in support of the war on drugs and those who commit to live drug-free.**

half,” said Sandra Barnes, prevention coordinator/Employee Assistance Program coordinator for the Army Substance Abuse Program.

The ASAP office, as well as unit prevention leaders, will be giving out red ribbons throughout the week.

Fort Jackson chaplains will distribute

red ribbons during Sunday’s chapel services.

Red ribbons and giveaways will also be available from 11 a.m. to 12:30 p.m. Wednesday at a Red Ribbon booth at the Fort Jackson Exchange.

Both Fort Jackson elementary schools will celebrate Red Ribbon Week with various activities geared toward educating students about the importance of committing to living drug free.

“There’s nothing positive about using illegal drugs,” said Lionel Brown, a DA police officer and lead instructor for the schools’ DARE program. “And it takes more than just saying, ‘No.’ It takes a real commitment.”

Brown said he encourages everyone to wear a red ribbon to support the cause.

For more information, contact the ASAP office at 751-5007.

*Editor’s note: Leader reporter Kris Gonzalez contributed to this report.*

## Housing Happenings

### COMMUNITY UPDATE

❑ Please remember to pick up after pets to ensure the community remains clean.

❑ Residents, especially children, are prohibited from cutting through or playing in fenced-in construction areas. These areas can be extremely dangerous. Anyone who sees children in these areas should contact the Military Police.

❑ Congratulations to the September comment card winner, Staff Sgt. Jerry Price and his family. Fill out a Balfour Beatty comment card for a chance to win \$50.

❑ The Resident Responsibility for Utility Program briefing is scheduled for 5:30 p.m., Oct. 27, at the Soldier Support Institute Auditorium. The briefing will provide residents with information on the program, energy conservation, mock billing and the monthly billing process. Staff members will also be on hand to answer questions.

❑ Call 738-8275 to reserve the Community Center for personal functions.

❑ The Mayoral Council is seeking volunteers to serve as mayors and vice mayors for the Fort Jackson housing community. Child care is provided while volunteers are performing mayoral duties. Call 751-7567 for information.

❑ Garden plots will be available for on-post residents starting in January. The plots will be located on Gilmer Court, near Jacks Inn. Call 751-7126 for more information.

### DEVELOPMENT UPDATE

❑ To date, 208 homes have been completed.

❑ About 203 homes have been demolished in the junior noncommissioned officer area.

❑ Furman-Smith Road at Knight Avenue will remain closed until new housing comes on line.

## CMS Corner

The Customer Management System at Fort Jackson is a three-tiered feedback system established to determine the satisfaction of those who work, train, live and play on the installation.

CMS includes the Interactive Customer Evaluation system, Community FIRST/AFAP and Customer Service Assessments. This feedback enables the garrison to focus on specific actions aimed at improving customers’ experiences of post services.

A complete list of Community FIRST issues can be found at <http://www.jackson.army.mil/WellBeing/wellbeing.htm>. New issues may be submitted on the site as well, by clicking on "Submit an Issue or Recommendation" or on the Community FIRST/AFAP logo.

"Let your voice be heard!"

### FORT JACKSON ASAP RED RIBBON ACTIVITIES:

**Sunday:** “Faith Day” — Chaplains will distribute red ribbons in service.

**Wednesday:** A Red Ribbon booth with giveaways will be set up at the Fort Jackson Exchange from 11 a.m. to 12:30 p.m.

**Friday:** “Red Day” — Wear something red and your red ribbon.

### FORT JACKSON SCHOOLS RED RIBBON ACTIVITIES:

**Monday:** “Mismatch Day” — Wear mismatched clothing

**Tuesday:** “Hat Day” — Wear a favorite hat

**Wednesday:** “Inside-Out Day” — Wear your shirt inside out

**Thursday:** “Red Day” — Wear something red and your red ribbon

**Friday:** “Pajamas Day” — Wear your pajamas



# Students make special treats for troops

By KRIS GONZALEZ  
Fort Jackson Leader

Some special people have a special message for service members deploying downrange.

“You’re not forgotten, we love you and we’re always thinking of you.”

That’s the message a team of special education teachers and students at Fort Jackson hope to convey in every Military Personnel Survival Kit they package for Task Force Marshall service members deploying.

The kits, sandwich-sized baggies filled with candies and other small items, are prepared by special education students at C.C. Pinckney Elementary School and delivered to Soldiers, Sailors and Airmen before they deploy.

Dena Jordan, speech pathologist for Pierce Terrace Elementary School and member of the Blue Star Mothers of America Inc. Midlands Chapter 1, spearheads the program.

“Service members fly into South Carolina from all over the country before going overseas,” Jordan said. “They come here to train and then leave directly from here. Very few family members come to see them off. So the Columbia community says goodbye to them. ... We shake their hands, tell them we’ll be thinking about them and give them a kit before they get on the plane.”

Prior to last summer, the Blue Star Mothers had been putting together the kits themselves, Jordan said. But while working with the special education students in C.C. Pinckney’s extended school year program, Jordan said she realized the students needed a work task to help increase their attention spans and to teach them how to do something quickly and accurately as in any work environment.

She said she thought having the students put together the kits would not only provide an opportunity for them to show their support for service members, but would also give them the chance to learn real-life vocational skills.

So in August, Jordan coordinated with the school’s special education teacher to have the students work in an assembly line setting where they man different stations, filling baggies with candies and other small items donated by the Blue Star Mothers.

Each item has a symbolic meaning. For example, a cotton



Photos by KRIS GONZALEZ

**A special education teacher helps a student manipulate a paper clip as he prepares Military Personnel Survival Kits for service members deploying overseas with Task Force Marshall.**

ball is included “to help cushion the rough road” and a shiny penny is included to remind the service members they each shine in their own ways.

Each student is assigned a specific item to place in the kits based on his or her ability level.

“It’s really based on the uniqueness of their abilities,” said the special education teacher, who is not named in order to protect students’ confidentiality.

Some children may have a difficult time opening candy bags or sealing the baggies, while other students can become fixated on certain colors, the teacher said.

“We’ve found that some students do better with items of

one color or one size, whereas other students may be OK working with candies that vary in color,” she said.

The teachers then monitor the children, watching to see who needs to switch activities at any given time.

“We can tell if the colors of the candy might be too taxing for a student, or if a task is too challenging, so we’ll move them to another candy or item,” she said.

All of the students eventually learn to perform the most difficult task, paper clipping a Blue Star Mothers business card to a sheet listing the contents of each bag along with what each item symbolizes.

“Putting the kits together allows the students to apply the skills they’ve learned for sorting, assembling and packaging to a real-life situation,” the teacher said. “Learning how to manipulate a paper clip helps improve their fine motor skills.”

As the students put together the kits, they listen to fast music, which helps them keep a rhythm. The best thing about the program is that the students can work for more than 15 minutes at a time, the special education teacher said.

“Other teachers might say, ‘Well, they can’t sit still for more than five minutes.’ I say they can because we have witnessed it,” she said. “Some are working for 20 minutes before they take a break, some maybe up to 30 minutes and a break. We’ve gone up to as much as an hour with this and they’ve not needed a break. They’ve been asked, but they’ve refused.”

One key to the program’s success is that the students know that the kits are going to service members.

“The students’ moms or dads are Soldiers,” she said. “They understand these (kits) go out to Soldiers. All children will do what is meaningful to them.”

The special education teacher said the parents of the students seem delighted with the program.

One parent said she thinks the kit-making program is a great addition to the special education curriculum.

“Not only does it help the kids with their fine motor skills, but I think it also makes them feel confident because they are doing an act of kindness for our deployed troops,” she said.

Kris.Gonzalez1@us.army.mil



**A special education student prepares a bag of goodies to be delivered to a deploying service member.**



## News and notes

### CHANGE OF COMMANDANT

The Financial Management School has scheduled a change of commandant ceremony for 9 a.m., Friday at the Officers' club. Col. T.A. Clay will take over for Col. Milton Sawyers.

### RECLAMATION SALE SCHEDULED

A reclamation sale is scheduled from 8 a.m. to 3 p.m., Nov. 1-2 at Building 2570. Cash accepted only; no exchanges are permitted. Condition code B ACUs will be available for purchase.

### NEW AFAP APP AVAILABLE

Army OneSource announced recently its new Army Family Action Plan issue search application for the iPad, iPhone and iPod Touch. The app allows community members to search and view the status, direction and resolution of AFAP issues. The app can also be used to forward search results to others, and to route questions by e-mail to Department of the Army staff.

### SPECIAL PAY DEADLINE EXTENDED

The deadline to submit claims for retroactive stop loss special pay has been extended to Dec. 3. Retroactive stop loss special pay is a special pay for former and retired service members who, while serving on active duty at any time from Sept. 11, 2001, to Sept. 30, 2008 had their enlistment or period of obligated service involuntarily extended or whose date of separation, release from active duty or approved voluntary retirement involuntarily suspended. Service members may be eligible for \$500 for each month retained on active duty. Service members or survivors who believe they are eligible for retroactive stop loss special pay may submit an electronic claim at <https://www.stoplosspay.army.mil>. Call 877-736-5554 or e-mail [retrostoplosspay@conus.army.mil](mailto:retrostoplosspay@conus.army.mil) for more information.



**Oct. 22 — 4 p.m.** PG 92 min,  
Kung Fu Panda

**Oct. 22 — 6 p.m.**  
Resident Evil: R 96 min.  
Afterlife

**Oct. 23 — 6 p.m.**  
The American R 105 min.

**Oct. 24 — 6 p.m.**  
Resident Evil: R 96 min.  
Afterlife

**Oct. 27 — 4 p.m.**  
Resident Evil: R 96 min.  
Afterlife

**Fort Jackson Reel Time Theater**  
751-7488

**Ticket admission**

ADULTS \$4.50

CHILDREN (12 and younger) \$2.25

Visit [aafes.com](http://aafes.com) for listings

## Honor flights



Photo by KARA MOTOSICKY

**A Soldier with Company A, 1st Battalion, 13th Infantry Regiment looks toward a fellow Soldier during a confidence course obstacle as World War II veterans observe. The veterans visited post Oct. 14 with Honor Flight South Carolina, which flies World War II veterans to Washington throughout the year to visit their memorial.**

# Army CID seeks special agents

*From the U.S. Army  
Criminal Investigation Command*

Fort Belvoir, VA. — For the special agents of the U.S. Army Criminal Investigation Command, commonly referred to as CID, the mission is clear: pursue the truth and bring those who would dare to dishonor the Army to justice.

Known as the premier law enforcement agency for the Department of Defense, CID is actively recruiting qualified Soldiers who are interested in careers as highly trained federal law enforcement officers.

"CID is without a doubt the best career field in the Army for anyone interested in law enforcement," said Special Agent Charles Kohler, assigned to the 62nd MP Detachment (CID), Fort Drum, N.Y., and a recent CID Special Agent Course graduate. "There isn't any other organization in the Army where a Soldier has the kind of opportunities that are made available to CID special agents."

CID is a worldwide network of highly-trained federal law enforcement professionals, responsible for investigating felonies where there is an Army nexus. Serving a population of more than 1 million Soldiers, civilians, contractors and

family members — both at home and deployed — the mission is crucial and the work environment unforgiving.

Murder, fraud, sexual assault and arson are just a few of the types of investigations spearheaded by CID. Other missions include protective-service operations, counter-narcotic operations, developing criminal intelligence, and working with other federal, state and local law enforcement agencies to solve serious crimes on a global scale. On the battlefield, CID criminal investigations are expanded to include forensics, mentoring local national investigators, war crimes, as well as, anti-terrorism and force protection missions.

Agents receive training at the U.S. Army Military Police School and advanced training in specialized investigative disciplines, making them some of the most highly-trained and experienced detectives in the law enforcement arena.

Selected agents receive advanced training at the FBI National Academy, Metropolitan Police Academy at Scotland Yard, the Defense Academy of Credibility Assessment, and the Canadian Police College. Agents also have the opportunity to pursue a master's degree in forensic science from George Washington University and enlisted agents have tremendous op-

portunities to become warrant officers.

"We are always looking for qualified Soldiers to join our elite team of investigators," said Chris Grey, chief of Public Affairs for CID. "CID special agents are first responders and the Army's detectives for murders, sexual assaults, contracting fraud, robbery, computer crimes and any other felony criminal acts against the Army community."

Grey said agents from CID work daily with the FBI, ATF, DEA, and numerous other law enforcement agencies and have one of the highest solve rates for serious crime within federal law enforcement.

For every Soldier, the Army's Core Values are more than just words, but a way of life; and for those few who rise to the challenge of becoming a CID Special Agent, they incorporate another oath into their life — to seek diligently to discover the truth, deterred neither by fear nor prejudice.

The unique opportunities in CID are second to none and our agents are some of the most sought after professionals in law enforcement today because of the caliber of training they receive and their experience in solving crime," Grey said.

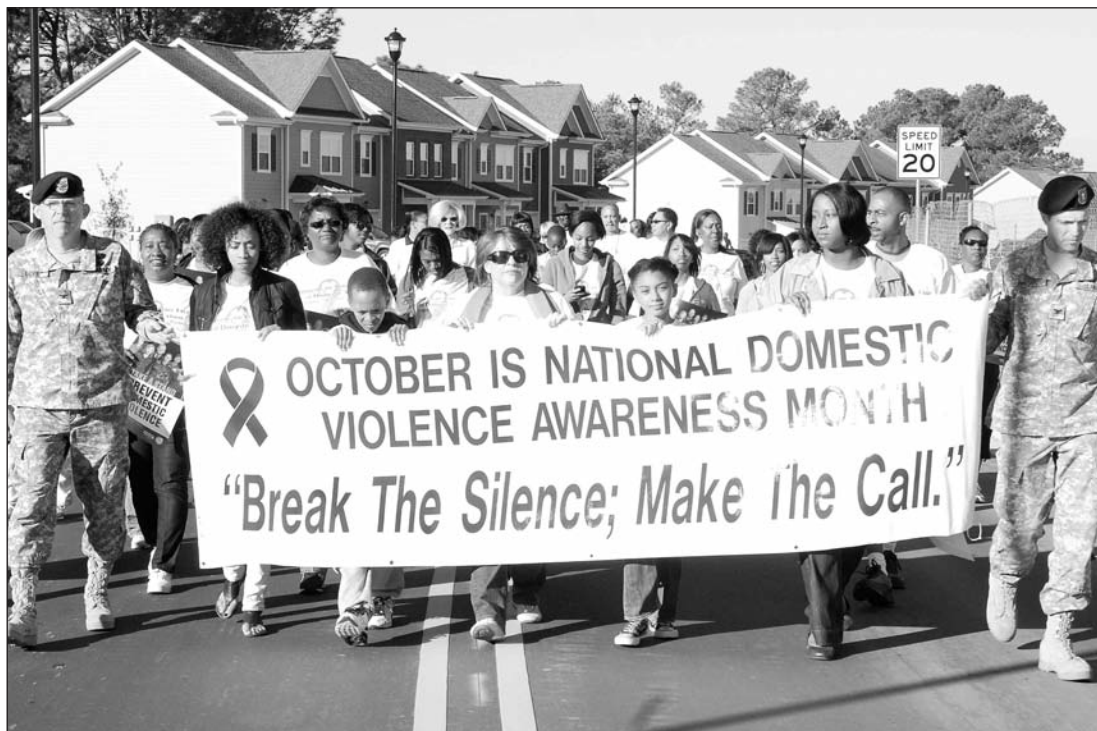
To apply, contact your local CID office today, or go to [www.cid.army.mil](http://www.cid.army.mil) for additional information.



**Watch Fort Jackson videos at**  
**<http://www.vimeo.com/user3022628>**

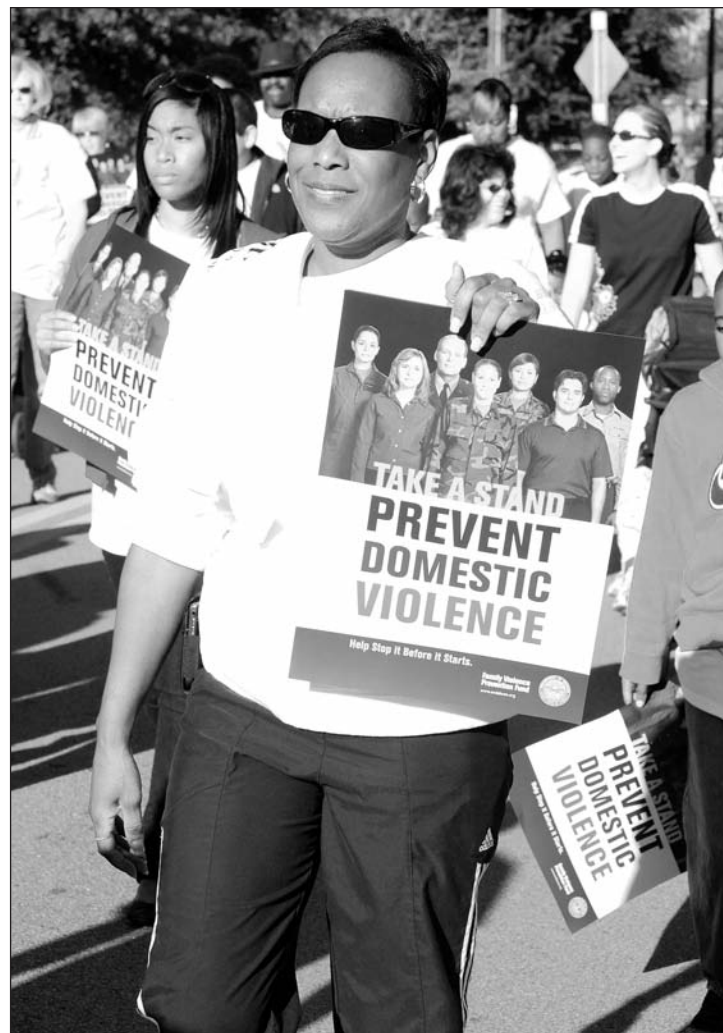


## Rallying for awareness



Photos by CHRIS RASMUSSEN

Above, Col. James Love, garrison commander, left, and Chaplain (Col.) Bart Physioc, installation chaplain, far right, flank a crowd of walkers during Fort Jackson's Seventh Annual Domestic Abuse Awareness Rally Saturday morning. The event was organized by the Family Advocacy Program. At right, Tamara Boles shows her support for stopping domestic abuse during Saturday's walk. Participants marched from Pierce Terrace Elementary School to C.C. Pinckney Elementary School and back. The Columbia High School band also participated in the walk.



# Wildcats host Hispanic heritage celebration

By SGT. 1ST CLASS  
MARK BELL  
81st RSC

FORT JACKSON, S.C. — Dozens of 81st Regional Support Command Soldiers, civilian employees and contractors spent more than 90 minutes celebrating a lifetime of Hispanic heritage with a short history lesson and tasty food.

As part of the monthlong national celebration, the Fort Jackson-based Army Reserve command took time to remember the accomplishments of the Hispanic community.

"It's important to observe ethnic observances, because we learn so much about other cultures and we understand why people do things a little differently than us," said Juan Rivera, who grew up in Dorado, Puerto Rico, and joined the Army in 1986 as a communication specialist.

Rivera, a 23-year veteran who retired in 2009 and joined the "Wildcat" team shortly after as a civilian information management specialist, said it is important for the Soldiers and civilians of the command to learn from others and understand where they come from

to help develop a more cohesive team.

For Sgt. 1st Class Osvaldo Santiago, an Active Guard Reserve Soldier from Ponce, Puerto Rico, being able to celebrate his heritage at work was great, but helping others understand his culture was more exciting.

"I would like them to understand that we are Americans, and there really isn't much difference on the inside," he said. "We have the same family values as other cultures. We love our children and hope they grow up to be positive role models in their communities."

Tables filled with dozens of dishes, including a variety of casseroles to the popular small powdered wedding cookies lined the side walls of a conference room and atrium in the Spc. Thomas Caughman Army Reserve Center.

Rivera said rice and beans, or arroz con habichuelas, are the soul food of Puerto Rico. "They are our 'daily bread,' or our comfort food," he said.

"I love to try different foods," said Maria Knowles, a DA civilian who attended the event, who acknowledged the celebration was more than just tasting new foods,



Photo by SGT. 1ST CLASS MARK BELL, 81st RSC  
**Soldiers, civilians and family members with the 81st Regional Support Command taste a variety of Hispanic food at the unit's Hispanic Heritage Month event.**

but was more about the whole experience of a different ethnic culture.

"It's impossible to celebrate all of the many cultures and heritages in this country," said Master Sgt.

Maria Colon, a human resource specialist with the 81st RSC. "But, as a nation and as an Army it is important that we observe those that we can."

Colon, who grew up in Bayamon, Puerto Rico, joined the Army in 1979.

"To understand these different, unique cultures help us better understand who we are as Americans," she said. "What makes our Army and other branches of service so significant is not our weapons we use to engage the enemy but the service members who stand behind those weapons and put their lives on the line every day to protect the freedoms for others — which we take for granted here in America."

Colon said the tens of thousands of Hispanics who serve next to African Americans, native Americans, Asians and other nationalities serve under one commander in chief and wear one flag on their uniform — the red, white and blue of "Old Glory."

"I am proud to stand here and say I am a Hispanic American serving in the Army Reserve," she said. "What better life would I live? I get to serve my country that promotes equality and diversity."





Photos by CHRIS RASMUSSEN

Sgt. Addison Brown, who is assigned to the Fort Jackson Warrior Transition Unit, waits in front of the state capitol Friday before the start of the more than 20-mile Soldier Ride to Fort Jackson and back.

# Wounded warriors pedal on

Continued from Page 1

physical and mental health rehabilitation of service members who have been seriously injured in Iraq and Afghanistan,” said Bill Read, Soldier Ride Law Enforcement Coordinator.

Sgt. 1st Class Jeff Norman, a platoon sergeant with the Fort Jackson Warrior Transition Unit, who rode alongside Davis, said seeing wounded warriors participate in the bicycle ride was inspiring.

“You might be having a tough time pedaling, but when you see a double amputee riding up a steep hill, you know you can do it too,” Norman said. “It is very inspirational. It makes you go home and cry.”

Sgt. 1st Class Ron Doiron, a management analyst for the Fort Jackson Warrior Transition Unit, said events such as Soldier Ride are key to helping wounded warriors rehabilitate physically and emotionally.

“Their wounds are real. These are the people who pay the price every day,” Doiron said. “We want to show them there is a road to coping. Rides like these keep our veterans from closing up at home.”

The Fort Jackson WTU will participate in the Ride 2 Recovery Florida Challenge, a bicycle ride from Tampa to Jacksonville, Fla., in mid-November.

“It is not about what they can’t do, it is about finding ways they can do,” Doiron said. “There are a lot of different levels of injuries among wounded warriors, but as long as there is a will there is a way.”

*Chris.Rasmussen@us.army.mil*

Col. Craig Currey, Fort Jackson's deputy commanding officer, checks out the recumbent bicycle ridden by Daniel Smith during the Soldier Ride Friday. Smith, who lives in Aiken, was wounded by an improvised explosive device in 2006 and suffered a traumatic brain injury. The Soldier Ride was organized by the Wounded Warrior Project.



## BICYCLE SAFETY TIPS

Fort Jackson offers an ideal environment for bicycle riding. Here are some tips to keep that ride safe:

**□ All traffic rules apply:** The safest place to ride a bicycle is on the street, where bicycles must follow the same rules as motorists and ride in the same direction. Yield to traffic when appropriate, look before turning and keep an eye out for parked cars.

**□ Always wear a helmet:** Make sure your helmet is properly fitted. It should fit snugly on your head. The strap should be tight but loose enough to fit a finger between your chin and the strap.

**□ Check your equipment:** Inflate tires properly, make sure brakes work and always inspect your bike to make sure all parts are secure and working.

**□ Make sure you are seen:** Day or night, you need to be seen by others. Wearing white clothing does not make you more visible. Wear neon or other bright colors to make sure you are seen. Also wear something that reflects light. If riding at night, make sure you have a light on the front and back of your bike.

**□ Adjust your bicycle to fit:** Stand over your bike. There should be one to 2 inches between you and the top bar if riding a road bike and 3 to 4 inches if on a mountain bike.

**□ Leave the tunes at home:** Listening to music while riding impairs your ability to hear traffic and other noises that alert you to dangerous situations.

Sources: IMCOM and National Highway Traffic Safety Administration



# Family Care Plan addresses custody

By **KAREN PARRISH**

American Forces Press Service

WASHINGTON — A recent change in Defense Department policy highlights why service members and deployable civilians who also are custodial parents may want to seek legal help in arranging their children's care during deployment.

DoD Instruction 1342.19, "Family Care Plans," was revised in May to require such plans from troops and expeditionary civilians who have legal custody or joint custody of a minor child. The new policy requires these parents to attempt to obtain the consent of the noncustodial or adoptive parent to any family care plan that would leave the child in the custody of a third party.

"We hadn't even required those people who were married, but had a blended family, to even consider what's going to happen to that child when they're (deployed). You can't just assume that the child will be placed with a new spouse, because you've got another parent in the picture," a Pentagon legal spokesman said. "Our new policy is focused on ensuring the noncustodial biological parent is contacted, and that (deploying service members and civilians) discuss arrangements with that person."

Army Col. Shawn Shumake, director of the Pentagon's office of legal policy, said many service members may believe mistakenly that their family care plans allow them to transfer temporary custody to a child's stepparent or grandparent during a deployment. But when another biological parent is in the picture, state courts have unanimously ruled that a parent's custodial rights take precedence.

"If you see that there's going to be a conflict (over custody), then you need to go into court before you deploy, and get the court to resolve any issues," Shumake said.

While developing a family care plan, filers identify short- and long-term care providers, supply documentation of financial arrangements ensuring the self-sufficiency of family members, complete transportation arrangements and designate escorts for family members, and otherwise prove their families' needs will be met during their ab-



Leader file photo

**DoD recently revised its Family Care Plan policy, which may affect Soldier-parents like Sgt. 1st Class Ana Coleman, shown with then 3-month-old daughter Makayla.**

sence.

Each military branch has its own regulation covering family care plans, and the services are revising those regulations to comply with the DoD instruction, Shumake said.

The instruction, originally published in 1992, initially applied only to single-parent service members. Beginning

in 2008, dual-military couples with children were required to file such a plan. The policy now applies to:

— Service members and civilian expeditionary work force members who have legal custody or joint custody of a minor child;

— Single parents;

— Dual-service couples with dependent family members under the age of 19; and

— Service members and expeditionary civilians legally responsible for others of any age who are unable to care for themselves in their absence.

The revised instruction also incorporates Section 556 of Senate Report 111-35, National Defense Authorization Act for Fiscal Year 2010, which advises the Defense Department to:

— Ensure that commanders inform service members of the overriding authority of state courts to determine child custody arrangements;

— Strongly encourage service members to seek legal assistance; and

— Advise service members that failure to inform the noncustodial parent about the family care plan in anticipation of an absence can undermine the family care plan or even render it useless.

More than half of the 2.2 million U.S. men and women serving in the military are married, and 43.7 percent of the active duty force has at least one child. More than 1.7 million American children under the age of 18 have at least one parent in the military.

Shumake said service members in such families, and their civilian counterparts, carry a dual responsibility.

"You've got to ensure the mission can be accomplished. But of course, we can't have our folks deploying and leaving children unattended," he said. "The push behind the family care plan is to get people to think about, in a logical, established way ... how to take care of the children, and who they're going to leave them with, and to come up with contingency plans.

"It's taking care of the mission," he continued, "but it's also making sure you can be a good, responsible parent."

## Installation Action Council discusses issues

From Customer Management System

Customer Management Services in partnership with the Army Family Action Plan facilitated the Fourth Quarter Installation Action Council, Sept. 24.

The council was chaired by the garrison commander and attended by organizational representatives on Fort Jackson including Moncrief Army Community Hospital, DENTAC, the U.S. Army Chaplain Center and School, garrison directors and managers, support agencies, unit representation and constituent group representatives from the community.

The purpose was to review, discuss and make decisions on issues brought forward

by the Fort Jackson community as part of the Community FIRST Issue Resolution Process.

The following issues were discussed by the council and brought to a resolution and voted as complete:

- Limited availability of high-end athletic shoes at the Exchange
- Finance office staffing
- Disrepair of installation roads
- Use of personal furniture in the barracks by Soldiers
- Transparency of garrison budgets

The following issues were discussed by the council and brought to a resolution and voted as unattainable:

- Standardization of GS grade scale
- Hiring process of civilian employees
- Civilian employee 52 week time-in-grade requirement
- Noncompetitive transition from term to permanent status
- Timely processing of low priority work orders
- Expectant mother parking
- Legal assistance for civilian employees

The following issues were discussed by the council without resolution and will remain active while solutions are explored or action is in progress:

- AAFES on-post healthy restaurant

options

- Teen area youth center
- Teen music and dance facility

The following issue was discussed by the council and will go forward to Army Family Action Plan:

- Billeting of NCOs in the grade of E-5 and above

Community FIRST is an ongoing process that allows community members to submit issues that cannot be fixed by Interactive Customer Evaluation. All issues with full explanations are posted at the following link to the AFAP Web page: [http://www.fortjacksonmwr.com/acs\\_afap/](http://www.fortjacksonmwr.com/acs_afap/)

### Leader deadlines

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must be submitted by today.

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# Lynch: Everyone is a safety officer

Continued from Page 2

a program that saves lives? Rather than cutting corners to save money, we should put money toward the right resources in order to improve the safety program. In doing so, we will have a positive impact in keeping the Army family intact.

Second, when we allocate resources for safety programs, we need to make sure to reach all members of the Army family, not just active duty Soldiers. Funds need to be allocated for our safety programs to reach Soldiers of all components, retirees, civilians and all their families. Only by reaching every member of our communities can we instill a culture that puts safety first — a culture that protects our Army family and keeps the Army mission ready.

Third, everyone must support the senior commanders, as they are responsible for the life of every Soldier, civilian and family member on their installation. Everyone must embrace the safety program and be actively involved. While the commander is the one ultimately responsible for mission accomplishment and the safety of people and resources assigned to him or her, all of us must know the safety program and carry it out to standard.

Fourth, I have been a motorcyclist my entire adult life and have never had a motorcycle accident. I firmly believe that it is not a matter of luck, but preparation. I drive my motorcycle only if I have the right frame of mind, the right protective equipment and a planned route.

Many people label motorcycles as unsafe. However, it is not the motorcycle that is unsafe, it is the driver. That is why leaders need to make sure the appropriate safety training is available new riders take to the roads. It is not smart for an untrained motorcyclist to drive his or her new motorcycle on post in order to learn how to operate it properly. Motorcycle simulators are necessary and should be made available at every IMCOM installation.

Fifth, the Installation Management Campaign Plan 2.0 was launched this month at the Garrison Commanders' Conference in San Antonio. The



**IMCOM**  
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plan's Line of Effort on Safety charges commanders and other leaders to lead the way in changing behavior to prevent accidents, and to empower Soldiers, civilians and families at all levels to speak up when they see someone ignoring safety rules or doing something risky. Safety is everyone's business, and it is our responsibility to ensure safe performance in all we do. Everyone will be held accountable for accident prevention. The LOE calls for providing effective POV safety programs; heightening safety awareness; employing hazard control measures; requiring and promoting safe, healthy practices; and support for the senior commander.

Sixth, I challenge all of you to look at the IMCP's Safety LOE and ask yourselves, "What are we missing?" I often mention the 80 percent solution as being good enough to proceed, but this LOE is an instance in which we need to keep aiming for 100 percent. We cannot be satisfied as long as we have a single accident. If safety requirements are not adequate, we will improve them. If we are doing something ineffective out there, we will stop. But if no one tells me, we cannot correct the issue. I need your input.

When we think about the safety program, we should not focus on saving money. We should not concentrate our efforts on finding different ways to reduce costs, but on how to make our safety program better. It is about saving the lives of our Army family. That is the passion every individual must pursue. When you practice safety and teach others about safety, you are saving lives — and I cannot think of a higher calling.

## Letters to editor

The *Leader* welcomes letters to the editor. All letters should include the name and hometown of the writer. Letters should also include a phone number for verification purposes. The *Leader* reserves the right to edit letters for grammar, style, spelling and brevity. Send your letter to [FJLeader@conus.army.mil](mailto:FJLeader@conus.army.mil). Call 751-7045 for information.



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# Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



**Sgt. 1st Class**  
**Osvaldo Simon**  
Company A  
3rd Battalion,  
13th Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**  
Pfc. Kelsey Wheatley

**SOLDIER OF THE CYCLE**  
Pfc. Christopher Wessel

**HIGH BRM**  
Pvt. Antonio Rose

**HIGH APFT SCORE**  
Pfc. Kelsey Wheatley



**Sgt. 1st Class**  
**Joshua Berndt**  
Company B  
3rd Battalion,  
13th Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**  
Pvt. Myles Lewis

**SOLDIER OF THE CYCLE**  
Pfc. Andre Brubaker

**HIGH BRM**  
Pvt. Dustin Reckert

**HIGH APFT SCORE**  
Pvt. Steven Johnson



**Staff Sgt.**  
**Artessa Campbell**  
Company C  
3rd Battalion,  
13th Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**  
Pfc. April Schacher

**SOLDIER OF THE CYCLE**  
Spc. Jesus Villanueva

**HIGH BRM**  
Pvt. Joshua Miller

**HIGH APFT SCORE**  
Pfc. Philip Coleman



**Sgt. 1st Class**  
**Aaron Mandzak**  
Company D  
3rd Battalion,  
13th Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**  
Pfc. Clayton Drnek

**SOLDIER OF THE CYCLE**  
Pvt. Matthew Whebell

**HIGH BRM**  
Pvt. Logan Romine

**HIGH APFT SCORE**  
Pfc. Vanessa Fonbuena



**Staff Sgt.**  
**Rachel Norris**  
Company E  
3rd Battalion,  
13th Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**  
Pfc. Kelli Kollock

**SOLDIER OF THE CYCLE**  
Pfc. Zachary Rossow

**HIGH BRM**  
Pfc. Noah Sorenson

**HIGH APFT SCORE**  
Pvt. Rachael Tribbett



**Sgt.**  
**William Davis**  
Company F  
3rd Battalion,  
13th Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**  
Pfc. James Tripp Jr.

**SOLDIER OF THE CYCLE**  
Pvt. Karl Sachs

**HIGH BRM**  
Pvt. Ryan Skistimas

**HIGH APFT SCORE**  
Pfc. Malcolm Brown

SUPPORT AWARDS OF THE CYCLE

**STAFF SUPPORT**  
Spc. Andrea Spencer

**FAMILY SUPPORT**  
Melody Hall

**DFAC SUPPORT**  
Edward Brimfield

## FIRST RESPONDER

The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshall Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

**Col. Ronald F. Taylor**  
*Director,*  
*Emergency Services/Provost Marshal*  
**Sgt. Maj. Glen W. Wellman III**  
*Provost Sergeant Major*  
**Billy Forrester**  
*Fire Chief*

CASES OF THE WEEK

❑ A Soldier was cited for driving with an expired vehicle registration after being stopped for driving without tail lights, Military Police said. The Soldier was also cited for the tail light violation.

❑ A civilian was cited for driving with a suspended license and no registration after attempting to enter the



post, MPs said.

❑ A civilian was cited for a cell phone violation after MPs stopped him for talking on the cell phone while driving, MPs said.

TIP OF THE WEEK

With Halloween quickly approaching, the Fort Jackson community should take special fire safety considerations when decorating for the holiday.

Decorations must be made of non-combustible or flame retardant materials. Do not position decorations near entrance and exit doors. The use of vegetation for decorations inside a facility is prohibited. Here are more family housing fire safety tips:

- ❑ Use glow sticks or battery-operated candles inside jack-o'-lanterns instead of open flame candles.
- ❑ Keep candles, pumpkins with candles, matches and lighters out of children's reach.
- ❑ If candles are used in jack-o'-lanterns, never leave them unattended.
- ❑ Remove obstacles from lawns, steps and porches when expecting trick-or-treaters.
- ❑ Keep candles and jack-o'-lanterns away from curtains, decorations and other combustibles that could be ignited.
- ❑ Indoors or outdoors lights should only be used if they have been tested for safety by a recognized testing laboratory.
- ❑ Check each set of new or old lights for broken or cracked sockets, frayed or bare wires or loose connections. Discard damaged sets. Don't overload extension cords.

**crimestoppers**  
**1-888-559-TIPS**  
[www.midlandcrimestoppers.com](http://www.midlandcrimestoppers.com)

## This week's training honors



RIDDICK



SANTIAGO

**Sgt. 1st Class Devon Riddick, Company B, 369th Adjutant General Battalion, is the platoon sergeant of the cycle. Staff Sgt. Florencia Santiago, Company B, 369th, is the cadre of the cycle. Second Lt. Corinne Noble is the distinguished honor graduate for the Adjutant General School's Basic Officer Leader Course.**



HAPPENINGS

Calendar

*Wednesday*  
**Retirement Review**  
9 a.m., Post Headquarters

**Ribbon cutting**  
3 p.m., Fort Jackson Inn, 7550 Benning Road

*Friday, Oct. 29*  
**Fall Festival**  
7 p.m., Youth Services Center

*Tuesday, Nov. 2*  
**Installation town hall meeting**  
6 p.m., Solomon Center

*Thursday, Nov. 4*  
**ROWC meeting**  
11:30 a.m., Officers’ Club  
RSVP by Nov. 5.

**School board meeting**  
4 p.m., C.C. Pinckney Elementary School

*Saturday, Nov. 6*  
**Army/Navy games**  
11 a.m., Hilton Field Softball Complex

*Friday, Nov. 19*  
**Veterans Day ball**  
6 p.m., Medallion Center, Columbia  
RSVP by Nov. 3. For more information, call 751-3318/3319 or e-mail *Douglas.Schuckman@conus.army.mil*.

Housing events

*Through October*  
**Plastic bag recycling**  
Bring plastic grocery bags to the Community Center during business hours.

*Through Friday*  
**Harvest Hope Food Bank**  
A donation bin has been set up in the Community Center for non-perishable items. For more information, call 738-8275.

*Today*  
**Neighborhood Huddle**  
11:30 a.m. to 1 p.m., corner of Moses and Carter, for residents of PT5 and PT7.

*Wednesday*  
**Neighborhood Huddle**  
11:30 a.m. to 1 p.m., in front of the Community Center, for enlisted residents in new housing.

*Monday*  
**Pumpkin carving contest deadline**  
Nominations are accepted until 5:30 p.m.

The winner will receive a gift basket.

*Thursday, Oct. 28*  
**Halloween decorations contest deadline**  
Submit your nomination to Alana at the Community Center. For more information, call 738-8275.

*Friday, Oct. 29 and Saturday, Oct. 30*  
**Terror on Thomas Court**  
7 p.m. to 9 p.m., Thomas Court  
Haunted house for children 7 and older.

*Friday, Nov. 5*  
**Neighborhood Huddle**  
11:30 a.m. to 1 p.m., Legge Court, for residents in officer housing.

*All events are held in the Community Center, 520 Brown Ave., unless otherwise specified. Call 738-8275 for information.*

Announcements

**MICC CLOSURE**  
The Mission and Installation Contracting Command will be closed today for organization day. For emergency contracting support, call 381-4216.

**RMO CLOSURE**  
The Garrison Resource Management Office will be close at 11:30 a.m., today for organization day. For emergency support, call 422-3128.

**HOUSING CLOSURE**  
All housing offices will close at 11:30 a.m., Friday for organization day. For emergency support, call Vickie Grier (RCI) at 413-8199 or Catherine Jordan (UPH) at 315-6188.

**DFAS CLOSURE**  
The Defense Military Pay Office will close at 11:30 a.m., Friday for its organization day.

**HR FOR SUPERVISORS**  
A course on HR for supervisors is scheduled for 8 a.m. to 4:30 p.m., Nov. 16 through 19, at the Soldier Support Institute, Room 408. Priority will be given to supervisors with less than two years of experience. Both civilian and military supervisors are eligible to attend if they supervise at least three appropriated fund civilians. To register, visit *https://www.atrrs.army.mil/channels/chrtas*. For more information, call Melissa Williams at 751-5063.

**AFAP SEEKS VOLUNTEERS**  
The Fort Jackson Army Family Action Plan is seeking volunteers for its annual

conference, Dec. 2-3. Any member of the military community can participate in the conference as a delegate. Delegates must register and attend a training session. Issues are needed from all Soldiers, specifically single Soldiers and Warriors in Transition, retired service members, civilian employees and family members. Community members may also submit issues online at *www.fortjacksonmwr.com/acs\_afap*. Call 751-6315 for more information.

**MTV CASTING CALL**  
MTV is casting for a weekly series chronicling the lives of Soldiers returning from deployment. The Soldiers should be 25 or younger and have redeployed within 30 days. The casting call ends Nov. 1. For more information, visit *www.cominghomecasting.com* or call Michael Sutton at 212-219-7617.

**RESERVE OFFICERS MEETING**  
Chapter Six of the South Carolina Department of the Reserve Officers Association will meet 6 p.m., Oct. 28, at Doc’s Barbeque, 1601 Shop Road. For more information, e-mail *jeff.vaughan@us.army.mil*.

**EDUCATION CENTER SERVICES**  
The Education Center changed its services because of budget shortfalls. The following services are available:  
— Education counselors are available by appointment only.  
— Test examiner: 7:30 to 11:30 a.m., Tuesdays, Thursdays and Fridays and 7:30 a.m. to 4:30 p.m., Wednesdays  
— Multi-Learning Facility: 8 a.m. to 5 p.m., Monday through Friday  
— Paper-based DANTES tests are no longer administered.  
— Basics Skills Enrollment Program: Dates are to be determined.  
For more information, call 751-5341.

**NEW AG SCHOOL COURSES**  
Starting this month, the four-week Human Resource Management Qualification Course has been replaced by two two-week courses, the Brigade S-1 Operations Course and the Human Resources Plans and Operations Course. For more information, call 751-8353 or e-mail *Jackson-SSI-AG-SLTD@conus.army.mil*.

**AAFES SURVEY**  
AAFES will conduct a customer survey at the Exchange Saturday through Nov. 6. Shoppers who participate will receive a \$5 Exchange coupon.

**VFW SCHOLARSHIPS**  
Veterans of Foreign Wars is offering two scholarships.

— Voice of Democracy is open to students in grade 9-12. Students should submit an essay as an audio recording to enter.  
— Patriot’s Pen requires students to submit a 300-400 word essay.  
The deadline is Nov. 1.  
For more information, visit *www.vfw.org* or call (816) 968-1117.

**SCHOLARSHIP FOR SOLDIERS**  
The Virginia Military Institute Foundation through the 100th Infantry Division Association Committee is offering two \$1,000 scholarships to qualifying Soldiers. Soldiers who are active-duty sergeants or staff sergeants may pick up an application at the Education Center, Room A100. Applications must be submitted by Oct. 29. Award notifications will be made Dec. 6. For more information, call 751-6072/5341.

*Visit the community calendar at [www.jackson.army.mil](http://www.jackson.army.mil) for a full listing of calendar events.*

Off-post events

*The Fort Jackson Leader accepts only off-post announcements for those organizations or events that directly relate to service members and their families.*

**MILITARY APPRECIATION GOLF**  
The Grove Park Inn Resort & Spa in Asheville, N.C. will offer a free round of golf to active-duty and retired military members today. For more information, call 828-252-2711 or visit *www.grove-parkinn.com*.

**COLONIAL CUP**  
Free tickets are available to military members for the Colonial Cup International Steeple Chase Day Nov. 13 in Camden. Ticket reservation forms are available at ITT offices.

**MARKSMANSHIP CLINIC**  
Project Appleseed will host a marksmanship clinic Nov. 6-7 in Columbia. The clinic is free to service members. For more information, visit *www.rwva.org*.

**LEADER ANNOUNCEMENTS**  
Community announcements should be typed and no more than 45 words. All submissions may be edited to comply with *Leader* style and Public Affairs regulations. Send all submissions to *FJLeader@conus.army.mil*.

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# Ghoulish terror awaits haunted house guests

By **THERESA O'HAGAN**  
*Family and Morale, Welfare and Recreation*

Ghosts, goblins, witches, GI Joe, Teenage Mutant Ninja Turtles, Barbie, Tinker Bell, Dora and even Batman are sure to find so much fun this Halloween, it's, well, scary!

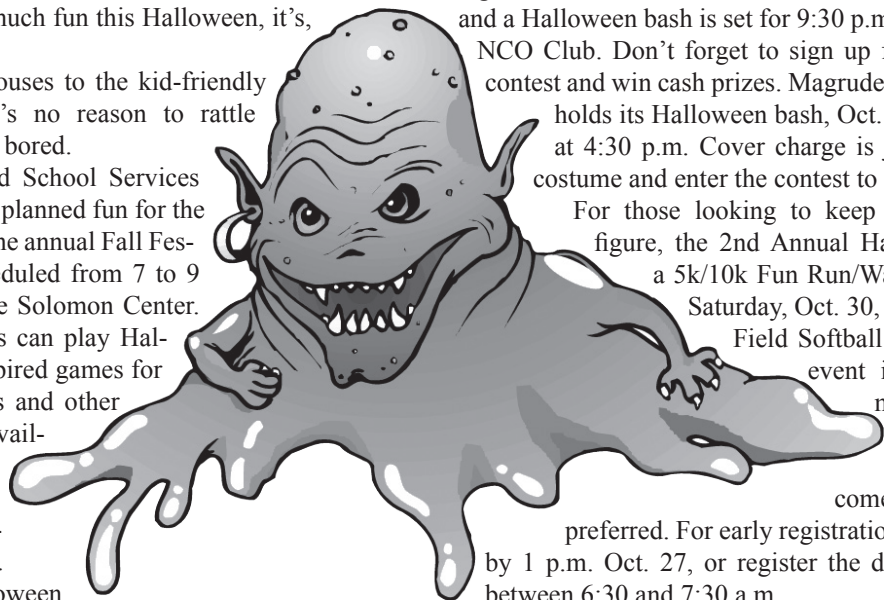
From haunted houses to the kid-friendly Fall Festival there's no reason to rattle around the mansion bored.

Child, Youth and School Services staff members have planned fun for the whole family with the annual Fall Festival, which is scheduled from 7 to 9 p.m., Oct. 29, at the Solomon Center. Children of all ages can play Halloween and fall-inspired games for prizes. More games and other activities will be available, as well. This event is free and has become a tradition at Fort Jackson.

Also for Halloween, for the third consecutive year, CYSS has teamed up with Balfour Beatty to present Terror on Thomas Court. This year, COPS will be participating at the haunted housing event, which features two nights to explore the terrifying tales of the inhabitants of Thomas Court. Explore 10 rooms and the grounds, each more terrifying than the other. This event is open 7 to 9 p.m., Oct. 29-30.

The Terror on Thomas Court is not recommended for children younger than 7. Transportation will be provided to and from the Solomon Center and Terror on Thomas Court.

Wait! There's more. Century Lanes is hosting backlight Fright Night, 5 to 8 p.m., Oct. 31. For only \$9 per person



enjoy unlimited bowling, shoes and entry into the costume contest. The costume contest starts at 6 p.m. Prizes will be awarded for cutest, scariest and most original costume.

Be the boogiemer (or woman) and shake your groove thing. A Halloween Ball is scheduled for 6 p.m., Oct. 27 and a Halloween bash is set for 9:30 p.m., Oct. 31 at the NCO Club. Don't forget to sign up for the costume contest and win cash prizes. Magruder's Pub and Club holds its Halloween bash, Oct. 29. Doors open at 4:30 p.m. Cover charge is just \$5. Wear a costume and enter the contest to win cash!

For those looking to keep their ghoulish figure, the 2nd Annual Halloween Howl, a 5k/10k Fun Run/Walk will be held Saturday, Oct. 30, 8 a.m. at Hilton Field Softball Complex. This event is open to any military ID card holder. Participants may come in costume if preferred. For early registration call 751-3096 by 1 p.m. Oct. 27, or register the day of the event between 6:30 and 7:30 a.m.

The Officers' Club double dares you to participate in two Halloween-themed brunches this year. Start with entering the pumpkin-carving contest. Pumpkin pickup is Sunday, Oct. 24, 10 a.m. to 2 p.m.

Pumpkins will be judged by ballot and each guest will be given three ballots.

Prizes are: First prize, four Sunday brunches for two; second prize, two Sunday brunches for two and two lunches for two; and third prize, Sunday brunch for two and four lunches for two.

"For your early trick-or-treat, come to brunch in full costume and eat free. This applies to children or adults," said Sam Guerry, manager, Officers' Club. "We'll have some ghoulish dishes to sample, as well."

## Current EDGE! classes

❑ **Pumpkins, pumpkins** — 3:30 to 5 p.m., Tuesdays, 5955-D Parker Lane. Participants will make pumpkin crafts, desserts and take field trips. For ages 8-14.

❑ **Magic Tree House** — 3:30 to 5 p.m., Wednesdays, Post Library. Climb into the Magic Tree House for reading, crafts, fun snacks and games. The fee is \$30. For ages 6-10.

❑ **Biking on the Edge** — 4 to 5:30 p.m., Mondays, Youth Services Center. Learn about bike safety, maintenance and repair, bike the Palmetto Trail and take a spooky bike ride to Fort Jackson's Pet Cemetery. For ages 11-18.

❑ **Haunt Your House** — 3:30 to 5:30 p.m., Wednesdays and Fridays, Balfour Beatty Community Center. Make spooky decorations and finish the month with a trip to the Corn Maze.

❑ **Disk Golf** — 4 to 6 p.m., Tuesdays and Thursdays. For 11-18 year



olds. Meet at 5955 Parker Lane for transportation. Today, take a field trip to Earlewood Park disk golf course. Tuesday, take a field trip to Owens Field disk golf course.

❑ **Tiptoe through the Tombstones** — 3:30 to 5 p.m., Mondays and

Thursdays. Meet at 5955 Parker Lane. For 10-18 year olds. Today, tour some of Fort Jackson's historical cemeteries. Monday, visit Elmwood Cemetery, one of the largest cemeteries in the Columbia area.

*School-age children who register with Child, Youth and School Services qualify for four hours of open recreation, which can be used toward any EDGE! program.*

*The EDGE! offers free classes as part of the Army Middle School and Teen Initiative for those 11 years and older. For children 9 and 10, classes are \$5 per hour.*

*Register online at <https://webtrac.mwr.army.mil> or at Parent Central Services, 3392 Magruder Ave. "Like" the Fort Jackson EDGE! program on Facebook.*

*Door-to-door transportation also available. Call 751-3053 for information.*

## FMWR calendar

### THURSDAY

- ❑ Visit **Century Lanes** for food, fun and bowling.
- ❑ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for Mongolian BBQ buffet.
- ❑ **Magruder's Pub and Club** is open for lunch.
- ❑ **Victory Bingo**, 2 to 11 p.m.
- ❑ Sleepy story time, 6:30 to 7 p.m., **Post Library**. Come in your PJs, and go home ready for bed.

### FRIDAY

- ❑ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for the Blue Plate Specials.
- ❑ **Victory Bingo**, starts at 2 p.m.
- ❑ Artistic Expressions with Jake, 6:30 p.m., Teen Room at the **Youth Services Center**.
- ❑ Dance to a variety of music provided by DJ Randall at **Magruder's Club**, 9 p.m. to 3 a.m. Magruder's Club is located in the back of Magruder's Pub. Cover charge is \$5 for civilians and \$3 for military. Be early for happy hour, 4:30 to 7 p.m. Appetizers are available, while supply lasts.

### SATURDAY

- ❑ **Victory Bingo**, starts at 1 p.m.
- ❑ Step Team practice, 2 p.m., dance room at the **Youth Services Center**.
- ❑ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excalibur Room at the **NCO Club**. Cover charge is \$5 for civilians and \$3 for military.
- ❑ Buy one wing, get one free at **Magruder's Club and Pub**.

### SUNDAY

- ❑ **Victory Bingo**, starts at 10 a.m.
- ❑ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for Sunday brunch. Coat and tie are not required. Call 751-4906 or 782-8761.

### MONDAY

- ❑ TRX Outdoors group fitness classes at the **Perez Tennis Court**. Call 751-5768 for more information.

### WEDNESDAY

- ❑ Get your party on at the **NCO Club**, 8 p.m. Cost is \$5 for military, \$7 for civilians. New DJs. Join in for Morale Call 8 p.m. at the NCO Club's Liberty Lounge.
- ❑ Wednesday at **Club NCO** are now Working Women's Wednesdays with specials for the ladies, starting 10 p.m. Club NCO features three bars.
- ❑ 4-H Club meeting for grades one through five. For more information, call 751-1136.
- ❑ Victory Readers Club, 6 to 8 p.m., **Post Library**
- ❑ **Magruder's Pub and Club** happy hour, 4:30 to 7 p.m.

For a complete calendar, visit [www.fortjacksonmwr.com](http://www.fortjacksonmwr.com).

### ONGOING OFFERS

- ❑ The NCO Club breakfast is served 6 to 9 a.m., Monday through Friday. The cost is \$8 for adults and \$3.75 for children 4 to 10 years old.
- ❑ The Officers' Club is open for lunch Tuesday through Friday, 11 a.m. to 1:30 p.m.
- ❑ Victory Travel has special offers for dinner shows and other attractions. For more information, visit Victory Travel in the Solomon Center.
- ❑ The Officers' Club is hosting special events. The club specializes in wedding receptions, anniversaries, promotions and other special occasions. For more information, call 782-8761.
- ❑ Child, Youth and School Services provides child care and youth programming on Saturdays at no cost for active-duty parents who must work to meet mission requirements. For more information, call 751-4865.





Photos by SUSANNE KAPPLER  
Pfc. Rena Cunningham performs the song “American Anthem” accompanied by Spc. Alvaro Loaiza during Sunday’s Soldier Show at the Solomon Center.

Pfc. Drake DeLucca and cast members of the U.S. Army Soldier Show perform “Oh, How I Hate to Get Up in the Morning.” The song was written by Irving Berlin in 1918 for the Broadway show “Yip, Yip, Haphank,” which was the first Army Soldier Show. The modern-day version of the Soldier Show originated in 1983.



# Gleeful show links past, present

By SUSANNE KAPPLER  
*Fort Jackson Leader*

The 2010 U.S. Army Soldier Show went online at Fort Jackson last weekend with a nod to modern technology and social media.

The 90-minute show featured eight thematic and stylistic segments, including tributes to the late Michael Jackson and the TV show “Glee.”

To transition between the segments, projectors showed images of a computer screen, simulating online communication on Facebook and other social media sites.

The 22 cast members performed four shows at the Solomon Center Saturday and Sunday. Three of the shows were exclusively attended by Soldiers in Individual Entry Training.

“I liked it. It was great,” said Pfc. Felicia Martinez, Company C, 2nd Battalion, 39th Infantry Regiment.

Martinez said she especially enjoyed the Michael Jack-

son tribute and the segment on New York, which featured Frank Sinatra’s “New York, New York” and Jay-Z’s “Empire State of Mind.”

The Soldier Show was created during World War I by composer Irving Berlin, who was honored in this year’s show with a video homage and the live performance of two of his songs, “Cheek to Cheek” and “Oh, How I Hate to Get Up in the Morning.”

All of the performers and crew members are Soldiers. Once selected for the show, the Soldiers are attached to Family and Morale, Welfare and Recreation Command for the tour.

Pfc. Rena Cunningham, a supply specialist stationed at Fort Riley, Kan., said she has been performing and writing music for most of her life. She attended the Soldier Show last year while in Advanced Individual Training at Fort Lee, Va.

“I liked what it was about, so I decided to audition after the show that year,” Cunningham said.

For Spc. David Palmer, an AIT instructor at Fort Leonard Wood, Mo., the show is a way to share his talent with others.

“I’ve been singing my entire life, and this is a way to just put out my talent and let everybody see what I can do,” Palmer said.

Cunningham explained that life on tour is not as glamorous as it may appear.

“It (takes) a lot of hard work, a lot of muscle, a lot of time,” she said. “You’re still a Soldier. You’re a Soldier first, you’re a performer second.”

In addition to performing, the Soldiers are also responsible for setting up and breaking down the equipment.

Palmer said seeing the reaction of the crowd puts the hard work into perspective.

“You’re not doing this for yourself, you’re doing this to better other people and make other people feel better,” he said.

*Susanne.Kappler1@us.army.mil*



Pfc. Andrew Enriquez and Spc. Demetria Stewart perform “Cheek to Cheek” as part of a tribute to the late Irving Berlin, the founder of the Soldier Show.

CMYK

CMYK

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# Depression common, but treatable

By MAJ. CHESTER JEAN, M.D.  
Moncrief Army Community Hospital

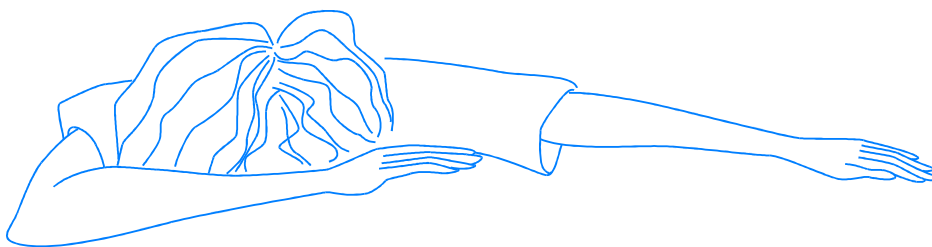
Compromised work performance, marital conflicts, suicide, adverse physical health, family conflicts, misconduct and illicit drug abuse — what do all of these adverse situations have in common? They have each been found to be more likely in people suffering from depression.

Depression is a common, yet treatable, condition that when allowed to continue without treatment can have multiple potentially life altering consequences. It affects up to 17 percent of the population. It is the leading cause of disability worldwide. Military service members with combat exposures run an even greater risk for developing depression.

Perhaps as astonishing as the potential negative effects of depression and just how common this condition is, is the fact that many suffer needlessly not using the many militarywide sources of support.

To overcome depression, it must first be recognized either by the individual or another in a position to help; then it must be treated. Awareness of how to recognize depression and the treatments that are available is a responsibility that we have to our fellow service members, family and friends. Consider that we could at any time be the person in the critical position of helping ourselves or another person.

Depression can be recognized by its time course, the usual internal experience of the depressed individual, and



the usual impact on the behaviors of the depressed person. The time course is typically multiple days on end. Most people will experience a noticeable change in mood — often sadness or a depressed mood — that will often only manifest as irritability. This mood change is often accompanied by a loss of interest in activities that had once been sources of enjoyment.

Other common experiences include problems sleeping, changes in appetite, poor focus, feelings of guilt, increasing physical pain and preoccupation with thoughts of death. Behaviors that might be noticed by others include withdrawing from activities, careless mistakes in the workplace, recurring arguments, skipping meals and expressions of guilt or negative expectations for the future. All of these experiences and behaviors may not be present, as early in the course of depression, only a few of these symptoms may be noticeable.

Not only can depression be recognized, it can be reversed through treatments. These treatments are designed to help the individual find his or her way back to his or her usual selves, using one or several approaches to include

counseling, medications, or, sometimes, helping to change situational stressors.

Fort Jackson provides multiple avenues to treatment. At the Moncrief Army Community Hospital

Department of Behavioral Health, psychologists, clinical social workers and psychiatrists can provide thorough evaluation and treatment. Chaplains both within units and at the Family Life Center can provide support through counseling and appropriate referrals, as needed. Military OneSource provides access to counselors, along with support in navigating stressors from child care to financial stressors.

Army Community Services can provide access to information and support in wide ranging areas including finances, preparing for moves, and parenting, as well as access to Military Family and Life Consultants for non-medical counseling support.

We must help each other overcome the barriers and seek the available support, realizing that without support, depression can take hold of our lives or the lives of those we rely on and care about. We must realize that seeking support is the best way to help our units, help our families and show courage in facing and overcoming depression.

**Editor's note:** Maj. Chester Jean is a psychiatrist at Moncrief Army Community Hospital.

## Protect your children's eyesight

By AMANDA KOPATCH  
U.S. Army Public Health Command  
(Provisional)

Eye safety is one aspect of children's safety that is easy to overlook. Unless there is a problem, many of us rarely think about our eyes, yet we use them every waking moment of the day. Damage to the eyes can be a devastating and lifelong issue; therefore it is very important to teach children to keep their eyes safe.

There are basic precautions that can be taken to reduce the likelihood of eye problems. All children need to have their eyes checked regularly. Newborn infants have their eyes checked as a standard procedure in the hospital nursery. Pediatricians look for vision problems during well-baby exams from birth to 2 years old.

Vision screenings are then performed during well-child exams from ages 3 to 10. If there is any concern at all about vision or other eye problems, the child needs to have a comprehensive examination by an optometrist or an ophthalmologist. The American Optometric Association recommends an eye exam at 6 months of age, 3 years, before first grade and every two years thereafter, unless otherwise speci-

### ON THE WEB

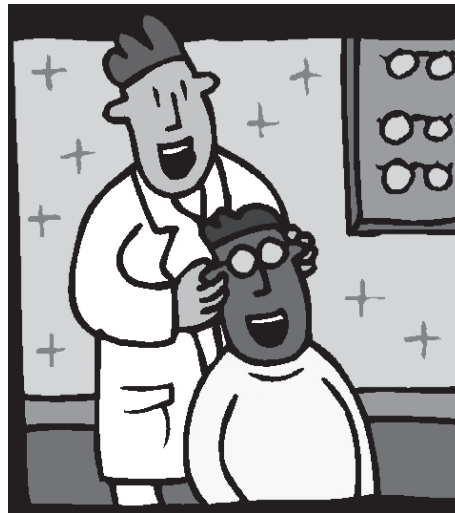
- ❑ <http://www.preventblindness.org/>
- ❑ <http://www.optima-inc.us/eyetests/kidsquiz/KIDSAFE.htm>
- ❑ <http://www.uniteforsight.org/kids/eyesafety.php>
- ❑ <http://www.aao.org/eyesmart/injuries/children.cfm>

fied or the child is having problems.

In addition to exams, parents must help protect their children against injury. One of the most common causes of childhood eye injuries comes from misusing toys or other common tools and objects. Another is falling from beds, stairs or against furniture.

Eye injuries may also be caused by harmful household products and car accidents. Sports also cause eye injuries in children; these injuries are preventable with appropriate protective eyewear. Many of these injuries can be prevented through parental supervision and better safety procedures.

— Be aware of the objects and products in the home and their hazardous potential — make the home more child-safe.



- Supervise playing.
  - Purchase age-appropriate toys for children.
  - Always keep children away from fireworks.
  - Ensure that children wear protective eyewear when playing sports, mowing or participating in other potentially dangerous activities.
  - Put sunglasses with UV protection on children when they will be in direct sunlight.
- And of course, set a good example and practice personal eye safety.

## MACH updates

### MACH RETIREE ENROLLMENT

Retirees and their family members who are TRICARE Prime eligible can now enroll at Moncrief Army Community Hospital.

Active-duty family members, retirees and retiree family members who want to enroll at MACH can visit the TRICARE Service Center on the 10th floor at MACH. For more information, call the Patient Services Office at 751-2425/0471/2778 or e-mail [machptservices@amedd.army.mil](mailto:machptservices@amedd.army.mil).

### OUTPROCESSING PROCEDURE

Soldiers must clear the Department of Behavioral Health prior to leaving the installation. Outprocessing hours are 2 to 3:30 p.m., Monday through Friday at MACH Room 10-71 or 10-103. For more information, call 751-2235.

### APPOINTMENT CANCELLATIONS

Call 751-CARE (2273) or 877-273-5584 to cancel appointments.

### TROOP MEDICAL CLINIC HOURS

Troop Medical Clinic hours are now 7 a.m. to 6 p.m., Monday through Saturday and noon to 6 p.m., Sunday. Call 751-6789 for more information.



Follow the Leader on Twitter at [www.twitter.com/fortjacksonpao](http://www.twitter.com/fortjacksonpao) for breaking news and updates.



# Soldier-couple take on Army Ten-miler

*Post Ten-Miler teams head to Washington for annual road race*

By **CHRIS RASMUSSEN**  
Fort Jackson Leader

The couple who play together, stay together. At least that's the theory two married Soldiers will test as they run this year's Army Ten-Miler together.

First Lt. Mike Reed, commander of the 120th Adjutant General Battalion (Reception) Fitness Training Company, and his wife, 2nd Lt. Judy Reed, who is attending the Adjutant General Basic Officer Leadership Course at the Soldier Support Institute, are among 23 runners from Fort Jackson who will compete Sunday in the Army Ten-Miler in Washington, D.C.

Despite their full work loads, the Reeds make time to run together.

"We both have crazy schedules," Judy Reed said. "Mike is taking command of the FTC and I just (relocated) to Fort Jackson. We run together whenever we can fit it in. But it makes our time together even more important."

The couple, who married April 17, 2008, met while attending college at Appalachian State University in Boone, N.C.

"It was love at first sight. Wasn't it?" Mike Reed joked.

"Of course it was, Honey," Judy Reed replied as they jogged together.

The Reeds were recently reunited after a four-month separation while Mike Reed attended Ranger School at Fort Benning, Ga. The couple had been apart for about a year.

"It was tough," said Judy Reed, who will be assigned to the 4th Battalion, 10th Infantry Regiment once she finishes BOLC. "You don't have e-mail or cell phones in Ranger School, just handwritten letters. We are going to enjoy both being assigned at Fort Jackson."

Judy Reed began running in high school and ran for Georgia State University before transferring to Appalachian State University.

Although the couple will travel to Washington together for the Army Ten-Miler, they will compete on different Fort Jackson teams. There are four teams from the installation running in this year's race. Teams are chosen based on members' running times.

"We are on different teams because Judy is faster than me," Mike Reed said. "Plus, since I just came back from Ranger School, my body is more broken down than it normally is."

Mike Reed, who participated in the race last year, said he is excited to return to the competition.

"The run was a lot of fun. You get to see all of the other units and meet people with similar interests," he said.

Judy Reed, who last year just watched the race, helped push her husband.

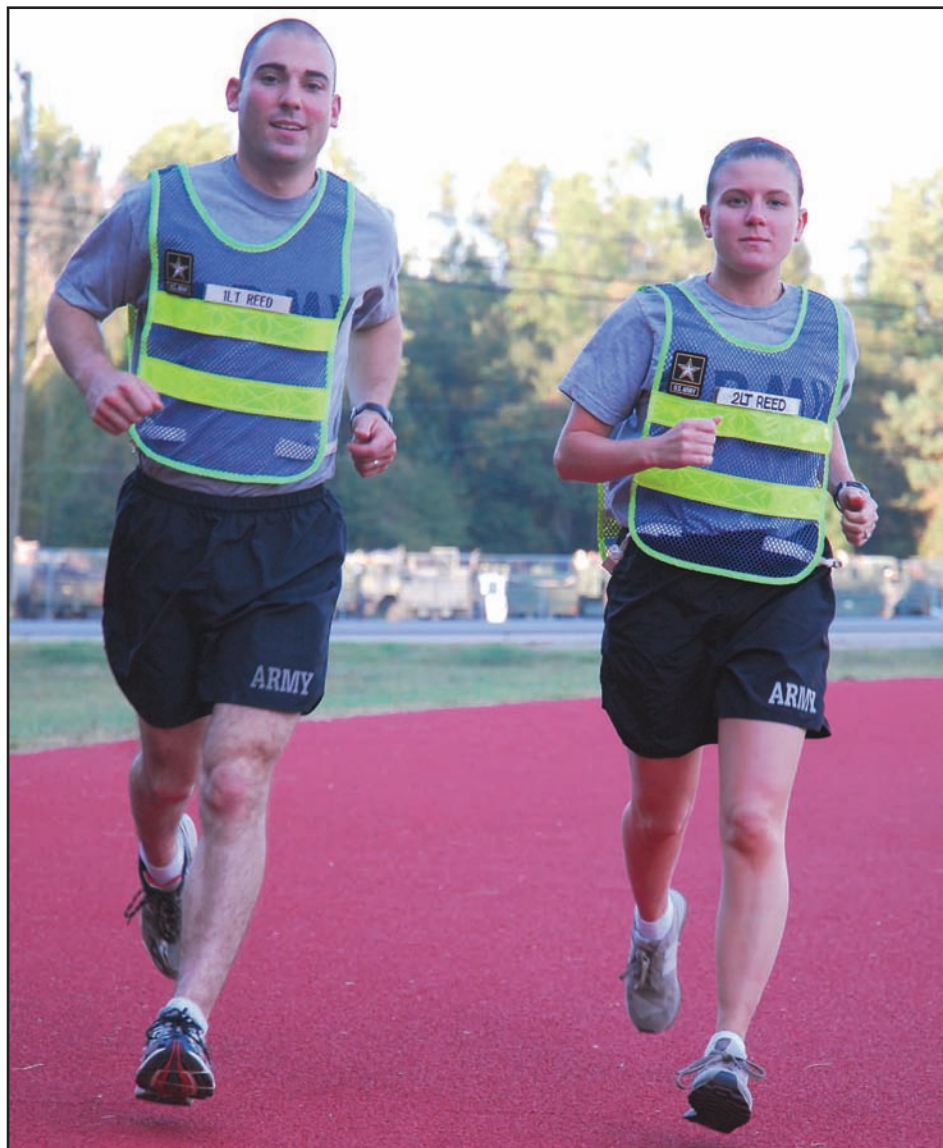


Photo by CHRIS RASMUSSEN

**First Lt. Mike Reed and 2nd Lt. Judy Reed jog around the track outside of the 120th Adjutant General Battalion (Reception). Both will represent Fort Jackson in Sunday's Army Ten-Miler along with 21 other Soldiers.**

"It is an amazing experience when you see the mass of people coming down the course," she said. "But the biggest thing that touched us both was seeing the wounded Soldiers compete."

Shortly before the race, the couple vis-

ited a friend, a wounded warrior, who just returned home.

"Around Mile Nine it gets tough. But then I thought about my friend and got a lot of inspiration to continue," Mike Reed said. "It was an honor and privilege to be able to run."

The 26th annual Army Ten-Miler, which begins and ends at the Pentagon, is one of the largest 10-mile road races in the world. The course passes such historic D.C. landmarks as the Lincoln Memorial, U.S. Capitol and Washington Monument. More than 675 teams are registered to race, with the majority being military teams competing for the Commander's Cup and other military honors. Proceeds from the race benefit Family and Morale, Welfare and Recreation programs.

Last year, the Hawaii Active Duty Men won the men's Commander's Cup with the Fort Bragg Women taking the women's Commander Cup. The inaugural Army Ten-Miler was in 1985.

The Fort Jackson active duty men's team placed 19th out of 38 teams last year with a time of 4:24:12. The women's active duty squad finished in last place out of 18 teams with a time of 6:33:50. The Fort Jackson active duty master's men placed seventh out of 40 teams with a time of 5:11:14.

This year Fort Jackson will send one active duty men's team and three active duty mixed teams.

Sgt. 1st Class Edwin Hernandez, who is Fort Jackson's Drill Sergeant of the Year, is on one of this year's teams and plans to go all out.

"Ten miles are not easy to run, but you can always train and achieve your goals," he said. "You have to train up. You can start out running a couple of miles and then build it up to 10 miles."

Chris.Rasmussen@us.army.mil



Photo by CRYSTAL LEWIS BROWN

**Maj. Gen. James Milano, Fort Jackson commanding general, and Fort Jackson Command Sgt. Maj. Brian Stall lead members of the post's four Army Ten-miler teams during an early morning run down Jackson Boulevard last week. The teams will compete Sunday in this year's Army Ten-Miler competition in Washington.**



# Life lessons numerous for new runner

Saturday morning I found myself in an unusual situation. Instead of my typical routine of getting up late and reading the newspaper over several cups of steaming coffee, I was up long before dawn, having donned my running gear and was headed downtown.

I was about to embark on my first competitive 5K run — a milestone in what I dubbed, “my miraculous transformation from couch potato to future running icon.” More than 500 runners were lined up for the race — some were striving to achieve certain time goals, some came for a casual walk or jog, and others took their children along for some early morning exercise. Even a Chihuahua was part of the field of runners. I had set only one serious goal for myself: Run, don’t walk.

It all started in June with the sudden realization that I wanted to run the New York City Marathon (don’t ask — it’s complicated). That appeared to be an unrealistic goal for a person who could not even run one mile, had never seriously exercised and is blessed with the athletic prowess of Garfield.

So I came up with a plan. I combed through countless running magazines and online resources to find a training plan that fit my ability and allowed me to get in shape at my pace. Immediately after settling on a plan, I signed up for the 5K and made sure I told everyone I know about it. At this point, bailing out was not an option.

Throughout my three months of training, I learned how to breathe correctly, how to pace myself and how to increase my aerobic threshold (don’t ask — this one’s complicated, too). More importantly, though, I learned that running teaches you lessons that transcend the sport.

**LESSON ONE: BURST WITH PRIDE**

I started out by doing 30-minute run-walk intervals

**Out and About**

By **SUSANNE KAPPLER**

*Fort Jackson Leader*



four times a week. At first, I would run for one minute, then follow with a five-minute walk, repeating the procedure five times. Each week my running time increased, while my walking time decreased until I was able to run for 30 minutes without walking.

During one of my runs, I was passed by a more experienced athlete who asked what my intervals were. I quickly told him, “four-two,” meaning I could run for — gasp! — four minutes straight.

Looking back, four minutes doesn’t seem like much at all, but at the time I was proud of my progress.

**LESSON TWO: SWALLOW YOUR PRIDE**

As a beginning runner, nothing can be more humbling than a bad workout. Shortly after I had progressed to running two miles, I hit the trail for my mid-week training session only to end up completely out of breath after less than a mile, unable to continue.

I was upset with myself, thinking that I had hit a wall, wanted too much too fast, perhaps even had regressed beyond the point of recovery.

After shedding my flair for drama and analyzing the

situation more rationally, it turns out I just had a bad day. It happens. Move on.

**LESSON THREE: RESPECT YOUR ELDERS**

I experienced my first “ethical” dilemma as a runner while on vacation in New York. Trying to get a taste of what it’s like to run the New York City Marathon, I set out for a jog in Central Park. The park can get pretty crowded with runners of all fitness levels, so even a slow-poke like me might eventually pass someone.

After a few minutes, I noticed a jogger in front of me who was moving very, very slowly. My competitive drive kicked in, and I thought, “I can take this guy. This will be it, the first time I’m passing another runner.”

Eagerly looking forward to making my move, I increased my pace and closed the gap, only to realize that the one person slower than me that day was — by my conservative estimate — at least 85 years old.

I was immediately overcome by guilt for being so excessively competitive when, really, I should be in awe of the man’s ability. It didn’t last long. This was my moment. I nonchalantly passed him, brushing aside a fleeting notion that I might be some kind of “running bully.”

All of these lessons served me well throughout the race. I have even greater respect for everyone who attempts to get or stay in shape — no matter what age, no matter how slow, no matter how “non-athletic” he or she may be. I have gained a great deal of humility through my setbacks along the way. Last, but not least, I am proud of having completed what I set out to do.

Calling myself a running icon may be a bit premature, but two things are undeniable: I’m in the best shape of my life. And I beat the Chihuahua.

*Susanne.Kappler1@us.army.mil*

**Sports shorts**

**COMMANDER’S CUP BOWLING**

Commander’s Cup bowling begins Oct. 29 and continues Nov. 1-2. Play begins at 2 p.m. each day. Each battalion can have up to three teams. Prizes will be awarded for male and female high game; male and female high series; and top team. The tournament is for active-duty personnel only. Names of those participating in the Oct. 29 bowling are due to the Sports Office by Oct. 28. For more information, call the Sports Office at 751-3096.

**HALLOWEEN HOWL**

The second annual Halloween Howl 5K fun walk/run and 10K fun run is scheduled for 8 a.m., Oct. 20. Participants can register with the Sports Office by Oct. 27 or on race day from 6:30 to 7:30 a.m. For more information, call the Sports Office at 751-3096.

**YOUTH BASKETBALL**

Youth Sports and Fitness is accepting players for the upcoming basketball season. Age groups are: 5-6, 7-8, 9-10 and 11 and older. Parents may register their children at the Parent Central Services Office in the Joe E. Mann Center. Registration will end Nov. 19 and the registration fee is \$40.

Youth Sports is also seeking volunteer basketball coaches. Head coaches and assistant coaches receive a discount on their children’s fees. Coaches are required to undergo a background check and attend a National Youth Sports Coaches Association certification training class. Call the Youth Sports and Fitness office at 751-5040 for more information.

*For a full list of calendar events, visit <http://jackson.mhsftware.com/>*

**Leader submissions**

Have an interesting idea for a sports story? The Leader accepts ideas for articles relevant to the Fort Jackson community. Send your story ideas to [FJLeader@conus.army.mil](mailto:FJLeader@conus.army.mil) or call 751-7045.

**Football standings\***

**Monday/Wednesday League**

SCARNG	4-0
4-10th	4-0
3-34th	3-1
2-39th	2-1
165th	1-2
193rd	1-2
MEDDAC	1-2
USADSS	1-2
1-34th	0-2
Team Camden	0-2
MPs	0-4



**Tuesday/Thursday League**

120th	5-0
1-61st	4-1
187th	4-1
3-60th	3-2
TSB	3-2
80th Div	2-3
171st	2-3
2-60th	1-4
TFM	1-4
Marines/Navv	0-5

\* Standings as of Wednesday morning



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